



A MINUTE OF HEALTH WITH CDC

Risk Management

Million Hearts Initiative: Interventions for Cardiovascular Disease — United States, 2011

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This program is presented by the Centers for Disease Control and Prevention.

Heart disease and stroke are leading causes of death in the United States. Smoking, uncontrolled high blood pressure, and high cholesterol are major risk factors. About half of all adults in the US have one or more of these three risk factors. Your high blood pressure and cholesterol can be controlled by taking prescribed medications as directed, eating a healthy diet, exercising regularly, and maintaining a healthy weight. If you smoke, there are treatments and resources available to help you quit. Have your health care provider check your blood pressure and cholesterol regularly to see if you are at risk for heart disease or stroke.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.